Cooks

213019 - Cooks Ham Steaks, Ham & Water, 24/1.22 lb

All Smithfield brands are driven by the love of meat, ours, yours and, of course, your customers. That's why our offerings are so vast; because we all need our pork and specialty prepared meats our way, no one offers more. Smithfield Culinary offers everything you need to build your menu, from innovative culinary insights and ideas that help create head turning menu ideas



MARKETING

Our hams are slow-smoked for a minimum of 5 hours using real hickory chips to ensure a rich mahogany color and deep aroma. That smoking process, coupled with our signature cure and pure honey flavor, creates an unforgettable ham.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
90044200895144	213019	90044200895144	24/16OZ AV

Brand	Brand Owner	GPC Description
Cooks	SMITHFIELD FOODS INC.	Pork - Prepared/Processed

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
33.608 LBR	31.56 LBR	Yes	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
18.875 INH	12.188 INH	7.125 INH	0.949 FTQ	7x9	90 Days	28 FAH / 32 FAH

Traceability Regulation			
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors
N/A	N/A	N/A	N/A

Nutrition Facts

7 Servings per container

Serving Size **3 oz**

Amount Per Serving

Calories **120**

	% Daily Value*
Total Fat 6	**8%**
Saturated Fat 2 g	**10%**
Trans Fat 0 g	
Cholesterol 40 mg	**13%**
Sodium 980 mg	**43%**
Total Carbohydrates 2 g	**1%**
Dietary Fiber 0 g	**0%**
Total Sugars 2 g	
Includes 2 g Added Sugars	**4%**
Protein 14 g	
Vitamin D 0.3 mcg	0%
Calcium 10 mg	0%
Iron 0.4 mg	2%
Potassium 370 mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

HANDLING SUGGESTIONS

Store and use per package instruction.

ALLERGENS

__C__ = 'Contains' ; __MC__ = 'May Contain' ; __N__ = 'Free From' ; __UN__ = 'Undeclared' ; __INII__ = 'Intentionally nor Inherently Included'; __50__ = 'Derived from Ingredients' ; __60__ = 'Not Derived From Ingredients' ; __NI__ = 'No Info'

- Milk - N
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - N
- Wheat - N
- Shellfish - NI
- Sesame - N
- Crustaceans - N

INGREDIENTS

CURED WITH: WATER, DEXTROSE, SALT, CONTAINS 2% OR LESS OF: SODIUM PHOSPHATES, POTASSIUM ACETATE, POTASSIUM LACTATE, SODIUM DIACETATE, SODIUM NITRITE.

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PREPARATION & COOKING SUGGESTIONS

Prepare per package instructions.

SERVING SUGGESTIONS

Serve as desired.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	120
Protein	14 g
Total Carbohydrates	2 g
Sugars	2 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	6
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	2 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	2.5 g
Cholesterol	40 mg
Vitamin D	0.3 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	980 mg
Calcium	10 mg
Iron	0.4 mg
Potassium	370 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES







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